

Purpose The UNS is an 11-item scale designed to evaluate a variety of symptoms relating to narcolepsy, including frequency of daytime narcoleptic episodes, muscle weakness associated with powerful emotions, and nighttime sleep latency.

Population for Testing The scale has been validated with both patient and control populations. Comparison groups were included to ensure that the scale could accurately distinguish between symptoms of narcolepsy and those of other sleep or fatigue-related issues (e.g., apnea, depression, sleep deprivation). The scale was administered to individuals aged 17–72.

Administration Requiring between 5 and 10 min for completion, the UNS is a self-report, paper-and-pencil measure.

Reliability and Validity A preliminary psychometric evaluation of the UNS [1] demonstrated a specificity of 98.8% and a sensitivity of 100%

when a cutoff score of 14 is used. Additionally, a Chinese translation of the scale has been found to possess an internal consistency of .75 [2].

Obtaining a Copy An example of the scale's items can be found in the original article published by developers [1].

Direct correspondence to:
Christer Hublin
Department of Neurology
University of Helsinki, Haartmanink
4, SF-00290 Helsinki, Finland

Scoring Each item queries a symptom relating to narcolepsy – respondents use a scale ranging from 0 to 4 to indicate how frequently they experience those symptoms. Total scores can range from 0 to 44 with higher scores denoting greater narcoleptic tendencies. Developers suggest a cutoff score of 14 to achieve the greatest levels of sensitivity and specificity.

Ullanlinna Narcolepsy Scale

1. When laughing, becoming glad or angry or in an exciting situation, have the following symptoms suddenly occurred?

	Never	1-5 times during Lifetime	Monthly	Weekly	Daily or Almost Daily
Knees Unlocking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mouth Opening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head Nodding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Falling Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. How fast do you usually fall asleep in the evening?

>40 min 31-40 min 21-30 min 10-20 min <10 min

3. Do you sleep during the day (take naps)?

☐ No need ☐ I wanted but cannot sleep ☐ Twice weekly or less
☐ On 3-5 days weekly ☐ Daily or almost daily

4. Do you fall asleep unintentionally during the day?

	Never	Monthly or less	Weekly	Daily	Several times Daily
Situation					
Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travelling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Unusual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Copyright © Christer Hublin et al. [1]. Reprinted with permission. Duplication or reproduction without written consent from Christer Hublin is strictly prohibited.

References

1. Hublin, C., Kaprio, J., Partinen, M., Koskenvuo, M., & Heikkila, K. (1994). The Ullanlinna narcolepsy scale: validation of a measure of symptoms in the narcoleptic syndrome. *Journal of Sleep Research*, 3, 52–59.

2. Wing, Y. K., Li, R. H. Y., Ho, C. K. W., Fong, S. Y. Y., Chow, L. Y., & Leung, T. (2000). A validity study of Ullanlinna narcolepsy scale in Hong Kong Chinese. *Journal of Psychosomatic Research*, 49(5), 355–361.

Representative Studies Using Scale

Hublin, C., Kaprio, J., Partinen, M., Koskenvuo, M., Heikkila, K., Koskimies, S., & Guilleminault, C. (1994). The prevalence of narcolepsy: an epidemiological study of the Finnish twin cohort. *Annals of Neurology*, 35(6), 709–716.

Ervik, S., Abdelnoor, M., Heier, M. S., Ramberg, M., & Strand, G. (2006). Health-related quality of life in narcolepsy. *Acta Neurologica Scandinavica*, 114(3), 198–204.